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This invention provides combinations of a tolerance-inducing antigen such as insulin and a mucosal binding component that preferably binds ganglioside GM1. The components are present in a non-covalent arrangement. When administered to a mucosal surface, the combinations are effective in inducing specific immunological tolerance at a 10-fold lower dose than antigen alone. Tolerance is sustained for a number of weeks without the necessity of booster administrations. The compositions and procedures of this invention are of benefit for the prevention or amelioration of conditions attributable to an unwanted immunological response.